



Lentil and Tomato Salad

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SERVES: 4

TIME TO MAKE: 10MINS

ALLERGENS: MILK, NUTS/SEEDS

This simple salad makes a tasty and satisfying lunch. It provides a source of fibre for digestive and gut health, and it's also high in protein to support muscle and bone health.

Ingredients

- 200g cooked brown, green, or Puy lentils (from a can or pre-cooked pouch)
- ½ a red onion, finely diced
- 3-4 tomatoes or a handful of cherry tomatoes
- A drizzle of olive oil – no more than 1 tbsp (or a dressing of your choice)
- Fresh or dried herbs, such as parsley, chives, or mint
- 100g feta cheese
- A sprinkle of seeds or nuts (e.g., pumpkin seeds or pine nuts)

Notes

Be creative with the flavours by adding herbs or a bit of chilli, a squeeze of lemon or some black pepper. Include other crunchy salad vegetables for more plant variety; try cucumber, peppers, radish, carrot and cabbage.

Method

1. Chop the tomatoes and onion
2. Mix together in a bowl with the lentils
3. Add the oil, herbs or a dressing of your choice
4. The salad keeps well for a day or two in the fridge.

	ENERGY	FAT	SAT FAT	SUGARS	SALT	CARBS	PROTEIN	FIBRE
	193 kcal	9.7 g	4.1 g	5.5 g	0.6 g	14.0 g	9.5 g	3.6 g
%RI	10%	14%	4.1%	6%	11%	5%	19%	14%

Per serving (230g)

Reference Intakes (%RI) is based on an average adult woman (2000 kcal/8400 kJ)